

Share your problems

Don't keep your worries to yourself. Other students may have overcome the same obstacles and can help eliminate the causes of your stress.



Identify your fears

Delaying part of the revision can become a stressful. Write down what you're delaying and why. Usually it isn't as hard as you first thought.

Use colour

Prepare materials in colour when making revision notes. Different colours help lodge information in your brain more easily.



Use music

Put facts, quotes, lists or formulae to music.

Use mnemonics and rhyme



Try turning your subject matter into rhyme or simple mnemonics to help the brain retain the facts.

Listen to music

Instrumental or classical music at low volume will help block out distractions creating a calm atmosphere.

Keep your notes brief

Key words should be enough to recall the details needed. It's less stressful to read notes on a postcard before an exam than reading from a 500-page book.

Subdivide your timetable

Small pieces of revision can be completed more quickly. Tick off when done – you'll get great satisfaction! Revise one small topic at a time.



Revise only the topics you need to

Don't revise the entire course if you know that some aspects won't be tested or there is a choice of questions to answer.



Look at the branch, not the tree

If you are staring at a huge revision timetable on your wall and getting stressed about the day's tasks, concentrate on the first task of the day; look forward to completing it successfully and ticking it off.



A Guide to Stress-free Exams!



Prenton High School for Girls

Revision

Make the decision!

The decision is yours. Two hours spent in the exam room is not where you pass or fail – it's the work you get done beforehand!

Know the subject and remove the stress!

Spent time knowing the subject so it becomes familiar and easy. Use every opportunity. Cover a wall with lists, pictures, facts, charts etc. to help!



Don't rush things!

Carefully schedule everything – create a revision timetable that's realistic and gives time to relax your mind.

Create a good working environment!

Clear your desk; Get the materials you need and work out how you are going to tackle this study session. Clear all distractions in the room and have a glass of water ready.



...Stop

When your mind is wandering. Take a break, get some fresh air, stretch your muscles and come back to the revision with renewed energy.

Have short study sessions

Focus on half-hour sessions with five or ten minute breaks.

Start early on

Long-term learning is better than short-term cramming.

Share your learning

Introduce a 'What did you learn today?' ritual with friends and family. This helps you retain the information.

Work with a friend if it helps.



Turn weaknesses into strengths

We all have weaknesses – identify them, get help from your teacher and work at them until they become a strength!

Ask questions!

Don't be afraid to ask questions – and others may also benefit too!

Don't ignore the topics you don't enjoy

Some aspects of a subject can be boring or hard to understand. Don't push them aside – it'll give you stress!



your subject. Take pleasure in showing off your knowledge.

Don't compare yourself with others

ers

Everyone has strengths *and* weaknesses, usually in different areas. Measuring yourself against others can never be productive.



Know when and where the exam is taking place

Know where the exam will be and when it actually starts and how much

earlier you need to be there.

Meditate

Find five minutes a day to sit in a quiet place, close your eyes, and let your mind take you to a beach with waves lapping at your toes and the sun warming you.

Go to bed

A good night's sleep helps improve concentration levels.



Wind down with a hot bath or some soothing music. Minimise light and noise pollution in your bedroom to help you sleep. Drinking warm milk may help also.



Don't cheat your body

Smoking and drinking in order to relax impairs concentration and slows thinking. Your body needs to be fresh and alert.

Personalise the course

The more you re-work and distil the course contents into your own words, the more meaningful it becomes to you and the easier it will be to remember.

Stay active

Build regular exercise into your revision timetable and your mind will benefit.



Learn with all your senses

Don't just read or look at your computer. Are audiobooks, CDs or DVD/video dramatisations of the subject available?

Vary study technique

Stress can build up through the boredom of working in the same way all the time. Try new ways to keep your mind stimulated. Also vary your place of study.

But don't change it at the last minute

Don't experiment with your revision technique at the last minute and risk valuable study time.

Test yourself

Condensed info on small cards it should be easy to learn by heart. Keep them in your pocket and look at them during the day

to test yourself.

Reward yourself

Build a reward into your revision timetable and do something you enjoy!



Banish the stress!

Understand stress

Stress is the body's evolved reaction to danger. Infrequent doses of stress dissipate quickly, but regular exposure to stress can cause problems.



Keep an eye on stress

Stress is cumulative. Don't ignore minor worries about your exam - try to deal with every problem as it occurs!

Eat the right things

Natural, healthy foods will help you cope with stress more easily. Too much sugar or caffeine can increase stress. Chocolate can have a calming effect!

